

SHOPPING GUIDE FOR BUYING FRUITS AND VEGETABLES

This shopping guide is to assist you in getting the most for your WIC fruit and vegetable check. Use this shopping list to keep track of your fruit and vegetable purchases. When choosing fruits or vegetables that are priced by the pound, please complete the following steps:

- Place the item on the scale in the produce section..
- Round the weight up to the nearest pound or half pound.
- Estimate the cost of the item based on this chart below.
- Write the item and price on this shopping list.

When you get to the check out counter, sort your foods. First, be sure to place the fresh fruits and vegetables on the conveyor belt or counter, then follow with the frozen fruits and vegetables.

REMINDERS:

1. More than one WIC check for fruits and vegetables may be added together for one WIC sale. Other WIC food checks must be rung up separately.
2. Your fruit and vegetable purchases must be the amount of the WIC check (\$6, \$8, or \$10) or less. You may NOT pay the difference if your purchases exceed the WIC check amount. You may have to return some item(s) to reduce the amount of the sale to the amount of the WIC check or less.

Price per lb.	1 lb.	1 ½ lbs.	2 lbs.	2 ½ lbs.	3 lbs.	3 ½ lbs.	4 lbs.	4 ½ lbs.
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01
2.99	2.99	4.49	5.98	7.48	8.97	10.47	11.96	13.46
3.09	3.09	4.64	6.18	5.23	9.27	10.82	12.36	13.91
3.19	3.19	4.49	6.38	7.98	9.57	11.17	12.76	14.36
3.29	3.29	4.94	6.58	8.23	9.87	11.52	13.16	14.81
3.39	3.39	5.09	6.78	8.48	10.17	11.87	13.56	15.26
3.49	3.49	5.24	6.98	8.73	10.47	12.22	13.96	15.71

SHOPPING LIST			
Fresh Produce Priced by the Pound (Will need to be weighed)			
Item	Price by Pound		
_____	_____		
_____	_____		
_____	_____		
_____	_____		
Estimated Total: _____			
Fixed Price – Fruits & Vegetables			
Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
Estimated Total: _____			
Frozen Fruits & Vegetables			
Item	Price	Quantity	Total
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
_____	_____	x _____	= _____
Estimated Total: _____			
Estimated Grand Total: _____			



Eat a colorful variety of fruits and veggies every day!
Remember more matters!

Add More Fruits and Vegetables to Your Meals

- Top low-fat yogurt with sliced apples or berries.
- Make a fruit salad with a variety of fresh and frozen fruits at the beginning of the week to pack for lunches.
- Have an orange as a midmorning snack.
- Add fruit to pancake batter, muffin mixes, or cereal.
- Make a fruit smoothie by blending yogurt, whole fruit and ice.
- Have apple slices and peanut butter as a satisfying snack.
- Top toasted whole grain bread with peanut butter and sliced banana.
- Carry along boxes of raisins for an instant snack on the go.
- Make your own trail mix with lots of dried fruits.
- Order more veggie toppings on pizza.
- Add beans to your salad. Corn or raisins taste great too.
- Add extra veggies to soups, stews and casseroles.
- Add lettuce, tomato and cucumber to sandwiches.
- Order a salad instead of fries when eating out.
- Make half your plate fruits and veggies.
- Snack on bell pepper strips, cherry tomatoes, or sliced cucumber with low-fat dip.
- Add veggies like bell peppers, spinach, mushrooms or tomatoes to your eggs.
- Dip baked tortilla chips in corn and black bean salsa.
- Keep fruit and veggies in plain sight on the counter or in the fridge.

Each fruit and vegetable provides unique nutrients so we need to choose a variety every day.



Tips for Buying Fruits and Vegetables

- Check before you buy—Hold the bag or carton up and look at the bottom for smashed or moldy produce.
- Use fresh items first, especially berries and cherries as these can spoil quickly.
- Wash fruit and vegetables before preparing or eating them. Under clean warm water, rub vegetables briskly with your hands to remove dirt. Dry with paper towels.
- Most fruit will keep for a week in the refrigerator.
- Store onions, potatoes, pumpkin and winter squash in a cool, dry place.
- Tomatoes keep their flavor longer when stored stem-side down at room temperature.
- Cut up blemished or damaged fruit for salads or snack cups.
- Freeze fruit that won't be eaten immediately.
- Frozen products are frozen within hours of picking and tend to have more flavor. They have less sodium than canned.

